

Experiences Related to Headaches

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

A nine-year-old client had excruciating migraine headaches and needed occasional adjustments to relieve the pressure in his brain. As we began one counseling session, he was experiencing one of his headaches. I had my tape player with me and decided to see if the *Concentration* tape would help him through it while we continued the session. In less than five minutes he stopped in mid-sentence, looked at me in a combination of puzzlement, amazement, and relief, and said, "The headache is gone."

My wife suffered severe headaches (sometimes migraines) for two weeks at a time during her monthly cycle, along with breast pain. She has found that *De-Discomfort* reduced and often took away the constant pain. It made life manageable again. I've used the same tape to take care of headaches and other pain. It really works.

The H+ *Circulation* tape helped me with migraine headaches. My belief is that by redistributing blood throughout the body in a balanced manner, it enables the engorged blood in the head to dissipate.

For years I have had regular headaches as a result of a sinus problem caused by allergies. Since using *Tune-Up* I haven't had one. At worst, I have had some general discomfort in my sinuses, but this hasn't reached the level of pain. I have not used even an aspirin for pain since starting.

I had suffered all my life with bouts of headaches which lasted days or weeks. I was in the midst of a severe bout when I received the *Pain Management* tape. I used it and got immediate results, and the relief enabled me to continue with an important project. Doctors, medication, and relaxation techniques had failed to help me, but the tape worked.

Since I started listening to Brain: Support & Maintenance, my frequent headaches are history. I haven't had one!

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